

**ABSTRACT OF THE DISCLOSURE**

A canning jar strainer incorporating both food hold-down means, straining means, and strainer removal means. The present invention comprises: a planar disk-shaped semi-resilient sheet material having a plurality of small incisions located circumferentially around the disk, crescent cutouts and integral pull tabs. Said tabs, when folded toward each other, form a handle, which serve to pull out the strainer and provides distance maintenance between a jar lid and the disk. Therefore, inserting the disk of the present invention into the neck of a conventional canning jar provide means of holding food goods below the liquid line thus preventing oxygenation of said food goods, while also serving as a strainer, which can be easily removed.